Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Currently Amended) An exercising device ~~(10)~~ for building strength and flexibility of muscles and other tissues, comprising a substantially vertically arranged first stand ~~(11)~~ for abutment against a substantially plane and horizontal underlying surface and a second stand ~~(12),~~ arranged in parallel with the first stand ~~(11),~~ for abutment against said ~~a substantially plane and horizontal~~ underlying surface, said first and second ~~characterised by that the~~ stands ~~(11, 12) comprise~~ comprising an elongated element that can be gripped by a user, which elongated element is arranged substantially horizontally and is connected to at least one element projecting towards said ~~an~~ underlying surface, and ~~that~~ a bow ~~(17)~~ that can be gripped, said bow ~~is~~ projecting upwards from the stands ~~(11, 12)~~, and comprising ~~that the bow (17) comprises~~ a first portion ~~(18)~~ projecting substantially vertically from the first stand ~~(11)~~, a second portion ~~(20)~~ projecting substantially vertically from the second stand ~~(12)~~ and a connecting portion ~~(19)~~ connecting the first portion ~~(18)~~ and the second portion ~~(20)~~, wherein the bow is arranged in an angle so that the bow is inclined towards a centre of the exercising device, and wherein the bow is connected to the stands and is displaceable so that a height of the bow is adjustable.

2. (Canceled)

3. (Canceled)

4. (Currently Amended) A device according to claim 1, wherein the stands ~~(11, 12)~~ are formed of a tube that is arranged in a suitable shape, and wherein the bow ~~(17)~~ is displaceable into the stands ~~(11, 12)~~.

5. (Currently Amended) A device according to claim 1, wherein the stands ~~(11, 12)~~ are formed as a trapezium.

6. (Currently Amended) A device according to claim 1, wherein the stands ~~(11, 12)~~ comprise a first elongated element ~~(13)~~ that can be gripped and which is arranged substantially horizontally, a second elongated element ~~(14)~~ projecting vertically from the first elongated element ~~(13)~~ and a third elongated element ~~(15)~~ projecting vertically from the first elongated element ~~(13)~~.

7. (Currently Amended) A device according to claim 6, wherein the stands ~~(11, 12)~~ comprise a horizontal fourth elongated element ~~(16)~~, connected to the second elongated element ~~(14)~~ and the third elongated element ~~(15)~~, for abutment against an underlying surface.

8. (Currently Amended) A device according to claim 1, wherein the exercising device ~~(10)~~ comprises a base plate ~~(24)~~ that is arranged between the stands ~~(11, 12)~~ and forms an underlying surface for a user.

9. (Currently Amended) A device according to claim 8, wherein the stands ~~(11, 12)~~ are connected to each other through the base plate ~~(24)~~ to stabilize the exercising device ~~(10)~~.

10. (Currently Amended) A device according to claim 1, wherein the exercising device ~~(10)~~ comprises a removable support ~~(25)~~ arranged between the stands ~~(11, 12)~~.

11. (Currently Amended) A device according to claim 10, wherein the support ~~(25)~~ comprises a cushion ~~(26)~~, which is removably and adjustably connected to the stands ~~(11, 12)~~ through belts ~~(27, 28)~~.

12. (Currently Amended) A device according to claim 1, wherein the exercising

device ~~(10)~~ comprises a transverse bar ~~(23)~~ arranged between the stands ~~(11, 12)~~, forming a footrest.

13. (New) An exercising device for building strength and flexibility of muscles and other tissues, comprising a substantially vertically arranged first stand for abutment against a substantially plane and horizontal underlying surface and a second stand arranged in parallel with the first stand for abutment against said underlying surface, said first and second stands being formed as a trapezium and comprising an elongated element that can be gripped by a user, which elongated element is arranged substantially horizontally and is connected to at least one element projecting towards said underlying surface, and a bow that can be gripped, said bow projecting upwards from the stands, and comprising a first portion projecting substantially vertically from the first stand, a second portion projecting substantially vertically from the second stand and a connecting portion connecting the first portion and the second portion, wherein the bow is arranged in an angle so that the bow is inclined towards a centre of the exercising device.

14. (New) A device according to claim 13, wherein the stands are formed of a tube that is arranged in a suitable shape, and wherein the bow is displaceable into the stands.

15. (New) A device according to claim 13, wherein the exercising device comprises a base plate that is arranged between the stands and forms an underlying surface for a user.

16. (New) A device according to claim 15, wherein the stands are connected to each other through the base plate to stabilize the exercising device.

17. (New) A device according to claim 13, wherein the exercising device comprises a removable support arranged between the stands.

18. (New) A device according to claim 17, wherein the support comprises a cushion, which is removably and adjustably connected to the stands through belts.

19. (New) A device according to claim 13, wherein the exercising device comprises a transverse bar arranged between the stands, forming a footrest.

20. (New) An exercising device for building strength and flexibility of muscles and other tissues, comprising a substantially vertically arranged first stand for abutment against a substantially plane and horizontal underlying surface and a second stand arranged in parallel with the first stand for abutment against said underlying surface, said first and second stands comprising an elongated element that can be gripped by a user, which elongated element is arranged substantially horizontally and is connected to at least one element projecting towards said underlying surface, and a bow that can be gripped, said bow projecting upwards from the stands, and comprising a first portion projecting substantially vertically from the first stand, a second portion projecting substantially vertically from the second stand and a connecting portion connecting the first portion and the second portion, wherein the bow is arranged in an angle so that the bow is inclined towards a centre of the exercising device, wherein the exercising device comprises a removable support arranged between the stands.